

HALIFAX

metro®

NEWS
WORTH
SHARING.**DROWNING IN DEBT?****Reach Out.**
wbli > INSOLVENCY
CONSULTANTS
902 482 2000 • www.wbli-bankruptcy.ca
**IS MASH FINALE
FAIR GAME YET?**
 SPOILER ALERT: IF YOU'RE
SEASONS BEHIND ON
YOUR FAVE SHOW, YOU'RE
NOT GOING TO LIKE THIS
COLUMN | **PAGE 12**
**Mooseheads
cap perfect
weekend**
 Jonathan Drouin pots winner
as Halifax goes 3-0 in Quebec
PAGE 17**POSITIVELY PINK**
 Daughters Laurie Zinck, left, and Janice Pelly, right, embrace their mother, Ann Landry, a breast-cancer survivor, prior to the start of the Run for the Cure in Halifax on Sunday. A photo gallery from the event can be found at metronews.ca/halifax. More coverage, page 3

JEFF HARPER/METRO

**HRM's 'wait
and see' ridings****Nova Scotia election.**
 Experts say it's hard
to make bets on what
will happen due to
new ridings and lack
of incumbents

**HALEY
RYAN**

haley.ryan@metronews.ca

 As the provincial campaign
draws to a close, two experts
say there are still major question
marks around who will
come out on top in many
HRM ridings.

 Jeff MacLeod, political-science
professor at Mount Saint
Vincent University, said with
brand-new ridings, like Halifax
Armdale, and those with
no incumbents, it's hard to
say who could take a seat in
the legislature.

 "You're really left to make
judgments on polling data
and just general observa-

tions," MacLeod said.

 "Based on those two factors,
you could certainly claim that
the Liberals look like they're in
a very strong position."

 Although Halifax has been
an NDP stronghold since the
mid-1990s, MacLeod said that
doesn't mean those party
members are automatically
safe.

 Lori Turnbull, political-science
professor at Dalhousie
University, said it feels like
the election began "a long
time ago" because of the
months of discussing when
Premier Darrell Dexter would
go to the polls.

 "I think people are just
tired of this. The vote has
been looming for so long, it's
like 'Get it over with,'" she
said.

 Turnbull said safe bets
in HRM ridings would be
incumbents like Dexter, Kelly
Regan and Diana Whalen,
but an exciting race could be
Halifax Citadel because those
residents haven't always fa-

 voured a particular party so
"you never know what's going
to happen."

 The lack of incumbents
also allows for exciting scenarios
in a province where name
recognition is so strong, Turnbull said.

 "When we get new ridings
and ministers not re-offering,
it's actually ... a really interesting
opportunity for new people
to get involved," said
Turnbull.

 For the first time ever,
students can vote on campus
in a provincial election, Turnbull
said, and not many were
around during the summer
election four years ago so
they could also make an
impact.

 "We're just going to have
to wait and see because
there's enough question
marks," Turnbull said.

 "But that'll make it fun to
watch."

**Candidates tell you why
they're the best choice in their
respective ridings, pages 4-5**
LASIK NOW, PAY IN 2015.

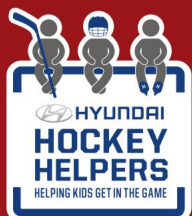
Begin a new journey without the hassles of glasses and contacts.

LASIK MD
VISION

Starting at \$490 per eye*

 Book a free consultation at 1-866-999-0435 or lasikmd.com
0 Interest
Payments
Down
Until 2015*


 *Subject to Desjardins Card Services credit approval. To be eligible, patients must complete the LASIK procedure on or before December 31, 2014. Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.



O'REGAN'S HYUNDAI CERTIFIED CLEARANCE

CHOOSE BETWEEN

- \$300 GAS CARD
- OR AN IPAD



2 LEFT **\$100** BW



FREE IPAD
OR GAS CARD

2013 HYUNDAI ELANTRA
GT

AUTO, A/C, POWER GROUP

~~\$21,894~~ FROM **\$16,990***
\$0 DOWN SAVE **\$4,904**

NO PAYMENTS FOR 90 DAYS!!



FREE IPAD
OR GAS
CARD

2013 HYUNDAI ACCENT
GL 4 DOOR
AUTO, A/C, POWER GROUP

~~\$18,244~~ FROM **\$13,990***
\$0 DOWN SAVE **\$4,254**

3 LEFT **\$82** BW



FREE IPAD
OR GAS
CARD

2013 HYUNDAI ACCENT
GL 5 DOOR
AUTO, A/C, POWER GROUP

~~\$18,649~~ FROM **\$14,990***
\$0 DOWN SAVE **\$3,659**

2 LEFT **\$88** BW



FREE IPAD
OR GAS
CARD

2013 HYUNDAI ELANTRA
GL
AUTO, A/C, POWER GROUP, 4DR

~~\$21,149~~ FROM **\$16,990***
\$0 DOWN SAVE **\$4,159**

2 LEFT **\$100** BW



FREE IPAD
OR GAS
CARD

2013 HYUNDAI SANTA FE
SPORT PREMIUM, AWD
AUTO, A/C, POWER GROUP, 4WD

~~\$32,859~~ FROM **\$26,990***
\$0 DOWN SAVE **\$5,069**

1 LEFT **\$159** BW

PICK YOUR PRESENT \$300 GAS CARD OR A FREE IPAD PLUS NO PAYMENT FOR 90 DAYS! IN STOCK UNITS ONLY WITH O'REGAN'S FINANCING. SEE DEALER FOR DETAILS. INCLUDES MINIMUM TRADE VALUE OF \$1000 FOR CASH FOR CLUNKERS. ALL VEHICLES ARE GREENLIGHT CERTIFIED WITH LOW KMS. OFFER ENDS OCT 31ST, 2013.



O'REGAN'S
DRIVING HIGHER STANDARDS

DARTMOUTH
HYUNDAI

60 BAKER DRIVE, UNIT - D
465-7500
oreganshyundaidartmouth.com

'Knowledge can be empowering'

Run for the Cure.
Cancer survivor tells
thousands early
testing is key



**RUTH
DAVENPORT**
ruth.davenport@metronews.ca

A Halifax woman who's watched two sisters battle breast cancer twice apiece and beaten it once herself urged thousands of pink-clad participants in the CIBC Run for the Cure to arm themselves — with knowledge.

"Knowledge can be empowering," said dietician Susan McBride during the opening ceremonies at the Emera Oval Sunday. "If we don't know what our genetic make-up is, how can we possibly treat and beat something like genetic breast cancer?"

McBride told the crowd of about 5,000 that she and her sisters carry a genetic mutation that increases the risk of breast cancer from 11 per cent to more than 85 per cent.

Genetic mutations ac-

Amount raised

\$621,975

The amount that had been raised by the CIBC Run for the Cure in Halifax by Sunday afternoon.

count for about five to 10 per cent of all breast cancers, but McBride said the risk of developing any cancer can be mitigated through early screening and preventive measures.

She noted that actress Angelina Jolie had a double mastectomy after testing positive for the same genetic mutation, reducing her breast cancer risk to less than five per cent.

"It sounds drastic, but if you have this (mutation,) you're going to do it," said McBride, who has also had a double mastectomy, an oophorectomy and complete hysterectomy. "I have done everything that current research has made it known that can reduce my risk ... that's what I'm here for, we have to find those chances out."

The 19th annual Halifax



Breast cancer survivor Susan McBride speaks to participants before the start of the race. JEFF HARPER/METRO

fundraising event featured a dizzying variety of old and young from all walks of life — including a group of firefighter recruits, who ran the 5k in pink shirts and black bunker pants with suspenders.

Afterwards, they gathered

around a new fire truck painted in the symbolic breast cancer awareness pink and christened "Hope."

"We've been doing Run for the Cure for five or six years now, so we got this truck and figured, why don't we do a pink truck?" said Nova Scotia

Firefighter School program manager Peter Ehler. "Part of the mentorship process for our recruit program is that they have an understanding that there's an altruistic nature to firefighting. So, they're expected to contribute back to the community."

Man dragged from car, vehicle forced off road and into a tree

Police are investigating after a dispute Saturday night led to a man getting dragged from a car, and later, a vehicle being forced off the road and into a tree.

The dispute began in a parking lot near Glenforest Drive and Lacewood Drive in Clayton Park around 6 p.m.

According to police, a 23-year-old man was in a dispute with two men over some

property. The victim reached into their vehicle to get the property, and that's when police say the two men drove away, dragging the 23-year-old up the street.

Members of the victim's family saw what happened and chased after the vehicle in their car, eventually forcing them off the road near Plateau Crescent and into a tree.

The two men fled on foot while the victim was taken to hospital with non-life threatening injuries.

A police K-9 unit searched for the two men, but it was unsuccessful.

Police say no charges have been laid. **METRO**

VISIT METRONews.CA
FOR MORE LOCAL NEWS



Shots fired at house. Three people at home but no one injured, police say

Police say no one was injured after gunfire rang out in a Halifax neighbourhood early Saturday morning.

At about 12:15 a.m., calls came into police of gun shots in the area of North Street and Wood Avenue, and Göttingen Street.

Police say two men ran towards a dark-coloured vehicle after shots were fired at the

back of a home on Wood Avenue.

Three people were inside, but no one was injured. Police say they found several bullet holes in the side of the residence.

There have been no arrests but police did say they found the getaway vehicle a few hours after the shooting.

METRO

1 NEWS

Irvine CARVERY
PROGRESSIVE CONSERVATIVE CANDIDATE
HALIFAX ARMDALE

As your MLA, I will listen to your concerns. I will work hard to deliver a strong, progressive, voice on issues affecting the people of Halifax Armdale. Let's not just change political parties let's truly change direction!

CAMPAIGN OFFICE: (902) 444-4208

WWW.IRVINECARVERY.CA



IRVINE@IRVINECARVERY.CA

Lower Taxes. STOP wasteful spending. more JOBS.



Authorized by the Official Agent for Irvine Carvery

FAMOUS LAST WORDS

Metro gave every HRM candidate running in Tuesday's provincial election the chance to say, in 50 words or less, why they're the best choice for their riding. Here are the responses.

HALEY RYAN/METRO
haley.ryan@metronews.ca

Bedford

Ian Charles, Green: No response

***Kelly Regan, Liberal:** I've worked hard to represent all Bedford citizens. Together, we delivered a better high school, improved Lyme disease awareness, and halted the Bedford Waterfront infill. If re-elected, I'll work just as hard to reduce health wait times, improve our school system, control power rates, and secure a better waterfront.

Mike Poworoznyk, NDP: I have a strong community development background, bringing people together on poverty reduction, improved health care, and awareness of mental health. My focus is helping people. NDP policies put people first. As your NDP MLA, I would connect with Bedford residents more regularly and work for their better future.

Joan Christie, PC: I would offer as your MLA, to continue my tradition of getting things done for Bedford. I've been the volunteer who sees a need, then works co-operatively with all concerned to get an acceptable solution to the problem. Elect me as a strong voice and worker for Bedford.

Chester-St. Margaret's

Timothy Harris, Liberal: From eight years in the Arctic in construction, I know about hard work. Building Tradewinds from a one-man realty office to a provincewide company has given me experience in small business. Our future lies in educating our children, giving them tools and skills for good jobs in Nova Scotia. I think outside the box, and want to help build a prosperous future for Chester-St. Margaret's.

***Denise Peterson-Rafuse, NDP:** Since 2009, Denise Peterson-Rafuse has worked hard to make life better in Chester St. Margaret's. She fought for more than \$28 million for road improvements, buying back the Bowater lands and improvements to health care. Denise is committed to working with you to build a better future for today's families.

Janet Irwin, PC: Janet Irwin is the Progressive Conservative candidate in Chester-St.

Margaret's. As a journalist at the Canadian Broadcasting Corporation for 31 years, Janet gave voice to people's concerns. As MLA, Janet will give voice to her constituents' concerns and work to build a better future for all in Chester-St. Margaret's.

Clayton Park West

***Diana Whalen, Liberal:** Clayton Park West is my home and community. As MLA for ten years, I have worked with you to address our needs. Our successes include the Canada Games Centre and preservation of wilderness. With your support on October 8th, I will continue building a safe and vibrant Clayton Park.

Blake Wright, NDP: As a parent and an immigrant I understand the challenges and dreams of Clayton Park West residents. As a lawyer, I have regularly taken action to be both a voice and advocate for all, and have a record of getting things done fairly. I will do the same for you.

Jamie Allen, PC: Clayton Park West: Nova Scotia needs change. We cannot keep on doing what we have always been doing, as it is not working. I am not looking to be a politician, but to be a leader at the provincial level, to help make the long-term changes that we need. I ask for your support.

Colchester-Musquodoboit Valley

Tom Martin, Liberal: Life experience would set me aside from the other candidates. Years of public service as a homicide investigator and hostage negotiator coupled with private sector experience as a national director for a local company and owning two small businesses in rural NS creates a unique skill set as a candidate.

***Gary Burrill, NDP:** Had the NDP not been elected in 2009, we wouldn't have seen improvements like expanded children's dental care coverage, Collaborative Emergency Centres, the first Mental Health Strategy, ambulance fees abolished for lower-income families, and the elimination of provincial income tax for seniors receiving the Supple-

ment. We need to continue along this path.

Larry Harrison, PC: Larry Harrison has a solid university education, deep community roots and is a well-respected volunteer in many groups including palliative care at the Colchester — East Hants Health Centre. A retired Reverend, he led congregations at Knox United Church in Brookfield and Middle Stewiacke United Church. He resides in Shorts Lake with his wife Susanne.

Cole Harbour-Eastern Passage

Joyce Treen, Liberal: I am proud to call Cole Harbour-Eastern Passage my home. I am someone who has been, and continues to be, deeply rooted and committed to this community. First and foremost, I live, work and volunteer in the community. This gives me an appreciation for the issues we face and a passion to make a positive difference in our community.

***Becky Kent, NDP:** As MLA for the past 6 years, my skills and experience have proven to be effective on priorities in our communities such as our new EP High School, renovations to Cole Harbour High, economic development and healthy living initiatives. These skills will be even more important in the coming years.

Lloyd Jackson, PC: Serving in the Canadian Military since 1988, Major Jackson has served in such diverse postings as Sudan, Sierra Leone, the Golan Heights and Afghanistan. In the community, Lloyd has coached girls and boys minor basketball, and served as Association President. He has served on various School Advisory Committees.

Cole Harbour-Portland Valley

Tony Ince, Liberal: I am a conscientious and hard-working person. As a youth worker, I have first-hand knowledge of the challenges our community faces. I have been successful bringing together diverse people of differing opinions, helping them find creative solutions. I know together we can strengthen Cole Harbour Portland Valley's community.

***Darrell Dexter, NDP:** I've worked hard to improve opportunities for young people to find recreation, sports and support services. The trades centre at Cole Harbour High is a milestone achievement that will prepare young people for jobs in shipbuilding, marine



Candidate signs from all three parties line the corner of Dunbrack Street and Lacewood Drive on Sunday. JEFF HARPER/METRO

technology and innovative resource industries, and much progress has been made on jobs, health care and seniors issues.

Greg Frampton, PC: I am a business person and have served from 1997 to 2010 working in the departments of municipal affairs, tourism, economic development and community services. My interests include improving customer services in government, creating an optimal environment for job growth, and working toward a bright future for Nova Scotia.

Dartmouth East

***Andrew Younger, Liberal:** As MLA I've worked with our community members to get things done, and represent your concerns in the legislature. I believe in creating an environment where young people stay in this province, where innovation is celebrated, and where community needs are supported. I ask for your support on Oct. 8.

Deborah Stover, NDP: As your MLA, I would take the same approach to politics as I do to nursing — help everyone I can who is in need. The NDP is working on making Nova Scotia stronger, and Dartmouth East deserves an MLA focused on that goal.

Mike Macdonell, PC: N/R

Dartmouth North

Joanne Bernard, Liberal: I live and work in Dartmouth North and have developed programs that have changed the lives of many people in this community. As a former single

mother on social assistance, I have faced many hardships in my life. I'm committed to economic development and social justice and will be a strong voice in government.

Steven Estey, NDP: In my work with the United Nations, I have successfully fought for people who have been pushed aside by society. I want to bring that experience to our community. Dartmouth North needs the NDP to continue competing for good jobs, increasing the minimum wage, and strengthening health care.

Sean Brownlow, PC: As a former police sergeant, I understand the importance of helping others and working with the three levels of government to create a better community. I am committed to affordable housing for seniors and improvements to our education system. Every important community concern will be my concern.

Preston-Dartmouth

***Keith Colwell, Liberal:** N/R

Andre Cain, NDP: Preston-Dartmouth is my community. Growing up, I was given opportunity, and learned responsibility. I earned a law degree, joined the Human Rights Commission and served as a volunteer to give back. Now I want to work for better health care, education, skills training and jobs here for our youth.

Andrew Mecke, PC: N/R

Dartmouth South

James (Jim) Anthony Murray, Independent: I feel I can best represent the people of Dartmouth South because

I know every day what it's like to tighten the belt, or worry about the next NSP rate increase. Like many here, I am working-class, and can more than relate to their situation, unlike the Big 3.

Allan Rowe, Liberal: I'm prepared to listen to the constituents, hear their concerns and advice, and then speak and act for them accordingly and effectively in our house of assembly. The Liberal party will put Nova Scotians first. If elected, I will put those Nova Scotians who live in Dartmouth South first.

Mary Vingoe, NDP: We have in Nova Scotia 8,000 fewer people living in poverty and the highest credit rating this province has ever had. We have improved access to health care, supported seniors, protected our environment, invested in childcare, capped class sizes and have a clear plan for green, stable, sustainable energy.

Gordon Gamble, PC: Gord Gamble has 25 years of successful business experience. He has served his community as Chair of the Board for Feed Nova Scotia, President of the Rotary Club of Dartmouth and coached many youth in our community. He has a proven record of getting things done for others.

Eastern Shore

Kevin Murphy, Liberal: I have lived, worked and contributed to the Eastern Shore since 1978. I care about the Eastern Shore and want to work for the betterment of our communities. I see great potential for our region and want to bring positive change. I ask for your vote on Oct. 8.



***Sid Prest, NDP:** It has been a privilege to serve the people of the Eastern Shore as the NDP MLA. People tell me my strong work ethic and my approachable — hands-on — style to community issues is a big reason why they'll vote for me again this election.

Steve Brine, PC: As your former elected school board member I achieved results, including saving Atlantic View School from closure, fighting for a skilled trades program at ESDH and courtesy busing for the safety of our children. As your MLA I will continue to dedicate my time to fight for "The Forgotten Shore."

Fairview-Clayton Park

Raland Kinley, Green: As a Green candidate, I can offer my undivided attention to the issues that concern you. I am not a professional politician. I am a concerned resident. We need to collectively invest in education, renewable energy, active living, public transit and reform government. This is the path to future prosperity.

Katie Campbell, Independent: I work, so I can live with a measure of comfort. I pay taxes for public programs (health, education, safety, etc.). I vote and support law-making if it represents interests of the society I live in. I'm running because the system's not working.

Patricia Arab, Liberal: As a teacher and guidance counselor, I am committed to listening and working with you to improve our schools, make our health care more accessible, and help our businesses succeed. I will be a strong voice for Fairview-Clayton Park while

maintaining a positive and respectful approach to politics. Please join me.

Abad Khan, NDP: I grew up in Fairview and Clayton Park, attending Halifax West High School and working in the family business on Dutch Village Road. Because of this I feel that I understand the issues facing voters in this riding. I've enjoyed getting to meet my neighbours during the campaign.

Travis Price, PC: As the co-founder of Pink Shirt Day I am a proven leader. I have shown my ability and commitment to stand up and make change happen, in my own community and worldwide. If I have the privilege of becoming your MLA I will do the same for Fairview-Clayton Park.

Halifax Armdale

Lena Diab, Liberal: I offer a balance of vision, energy and experience delivering results. I have served the community for 22 years as a trusted lawyer as well as 30 years in business. I am also a compassionate life-long volunteer. All combined have given me the skills and desire to effect positive change.

Drew Moore, NDP: I will work hard every day to deliver results for the people of Halifax Armdale. I will work with our community groups and fight for our families and seniors. I will stand up in the legislature and ensure the voices of the community I love are heard. Every single day.

Irvine Carvery, PC: Halifax Armdale needs an MLA who will listen to their concerns. Three local schools have leaking roofs. Old-growth neighbourhoods are being redeveloped without proper consultation. Homes are being expropriated for roads without adequate planning. Halifax needs leadership and partnership on urban issues. Irvine Carvery will stand up for Halifax Armdale.

Halifax Atlantic

Brendan Maguire, Liberal: For me, running is personal. I was raised in foster care in Halifax Atlantic — Spryfield, Harrietsfield and Herring Cove — and without their support, I wouldn't be who I am. I know this community, I love this community, and I'll work for this community. It's time for me to give back.

Tanis Crosby, NDP: Raised by a low-income, single mother and now raising a family of my own, I know firsthand how the right supports can change lives. I have delivered results as a leader in the nonprofit sector, as a community volunteer, and I am ready to take that record to the legislature.

Ryan Brennan, PC: I am the

best choice for MLA in Halifax Atlantic because I understand the issues better than my opponents. I have deep roots and a proven track record working with the community and delivering results. Our platform lowers taxes, freezes power rates and creates jobs for Nova Scotia.

Halifax Chebucto

Michael Marshall, Independent: N/R

Joachim Stroink, Liberal: I am deeply invested in this community and want it to thrive. I went to the same school that my kids now go to and own the Trail Shop. I helped save the Oval, was Race Director of the Bluenose Marathon for four years, and chaired the Learning Disabilities Association.

Gregor Ash, NDP: I'm working hard to become the next MLA for Halifax-Chebucto because I want to build a stronger community and a better future for Nova Scotian families. If elected, I will use my proven record of bringing people and ideas together to advance the things that matter most, like health care, education and the environment.

Christine Dewell, PC: I'm looking for change within our education system. It's key that when our kids walk through their school doors, they feel safe, and that they are active, healthy and empowered to make smart choices. Equally as important, we must ensure that our teachers are supported with the proper tools to foster success.

Halifax Citadel-Sable Island

Brynn Horley, Green: A vote for Brynn Horley and the Green Party of Nova Scotia is a vote for the only party focused on our shared long-term futures. We recognize that implementing Full Cost Accounting is essential to our decision-making process to ensure thriving healthy communities, environmental stewardship, and economic viability.

Frederic Boileau-Cadieux, Independent: During the past 30 years in the western world, politicians' policies have worked against the working class. Democracy is about having the electors control the elected. Right now, it is the complete opposite. Atlantica's platform is truly democratic. That is why I am in the campaign.

Labi Kousoulis, Liberal: I've been canvassing since January. People tell me things need to improve. Liberals will invest in local businesses, not write blank cheques to large corporations. We will refocus health care to provide seniors with the services they need. The Liberal Graduate Retention Program will help students stay

here and succeed here.

***Leonard Preyra, NDP:** For many years I have participated in our community as an activist, academic and MLA. Our community comes first and my door is always open to anyone who wishes to make life better in our province. It would be an honour to return as your MLA.

Andrew Black, PC: We lost 4,272 Nova Scotians in 12 months. They will not shop in our stores, ride our buses, attend our theatres, eat in our restaurants or pay taxes that support our services. More than ever we need to live within our means and make our province competitive.

Halifax Needham

Kris MacLellan, Green: N/R
Chris Poole, Liberal: My roots are here, I work here and I'm raising my family here. I care about our health, opportunity for our children and stability in our lives. I have the experience to guide government in making decisions that better our community and the youth, energy and passion to deliver it.

***Maureen MacDonald, NDP:** I like people. The extensive experience and knowledge I have acquired as MLA, Minister of Health, then Minister of Finance will allow me to continue to represent residents on our many complex issues of health care, education, the province's finances, housing, the environment, the arts, diversity and social justice.

Mary Hamblin, PC: I'll work toward a vision where Halifax Needham embraces all persons helping each and every resident to achieve their full potential. I see increased opportunities and prosperity for all in this vibrant community. I lived and worked here as a single mother, business owner, teacher, mature student (Dalhousie MBA-Law), advocate, and screenwriter.

Hammonds Plains-Lucasville

Jonathan Dean, Independent: Looming depopulation, collapsing electoral turnout, chronic malaise. Nova Scotia is the sick man of Canada. We need real substantive change. The tired Big 3 stand for status quo, we (Atlantica) stand for a grand new vision for this grand old province; Prosperity & Democracy. Vote Atlantica and let's get going.

Ben Jessome, Liberal: I am confident I am the best choice in HPL because I have a firm understanding of our challenges and strengths, combined with demonstrated experience in government relations, community development and elected representation. I am committed to protecting our integrity as we continue to

grow. Elect Ben Jessome, home-grown representation.

Peter Lund, NDP: There is no other candidate who recognizes our community's needs better than me. As HRM councillor, I worked with three MLAs to bring in the new high school, BMO Centre and finally widen Hammonds Plains Road. There is more to do and I am ready to hit the ground running.

Gina Byrne, PC: As the PC candidate for HPL I know I bring the most business, governance, life and local experience to the constituency. As a mother, volunteer and business owner I know what a change in the economy will provide. I want to put my dedication and experience to work for you.

Sackville-Beaver Bank

Stephen Gough, Liberal: I am the best candidate to represent Sackville-Beaver Bank because I will be the strongest voice for our residents. As a life-long resident of this riding I am aware of our concerns, our strengths and our needs as we move forward. I commit to being your voice.

***Mat Whynott, NDP:** For me politics is about both our province and our people doing well. I have two young children and what I want for them I want for all families. As your representative I will continue to work with you to make Sackville-Beaver Bank even stronger for all our families.

Sarah Reeves, PC: Only the PC Party has a plan that addresses the priorities of hard working families. We'll lower taxes like the HST and freeze power rates; stop the wasteful spending that has taken dollars from front-line health care and education; and create an environment for job creation, not corporate handouts.

Sackville-Cobequid

John H. Percy, Green: N/R
Graham Cameron, Liberal:

I'm committed to helping my community to grow and prosper. It's time for change; time to put Nova Scotia first. I want to be your voice in the NS legislature to address the concerns facing our community. A Liberal government will put you first on health care, education and jobs.

***Dave Wilson, NDP:** Sackville is where I grew up, work and am raising my family. I know and understand the issues facing families in our community. I will continue to work hard to maintain your trust and together we can build our community to benefit all our families.

Peter MacIsaac, PC: As a government employee for 29 years and small business owner since I was 10, I have seen the prob-

lems with government. We have good people working in a broken bureaucracy. With your help, we can improve front line care, lower taxes, and put money back in your pocket.

Timberlea-Prospect

Thomas Trappenberg, Green: I am a scientist, a teacher, a father, and much more, but I am not a politician. I am running so that you can stand up. Try it; it feels good to vote for a vision. This is for our kids and not a lost vote.

Iain Rankin, Liberal: I have grown up and reside in Timberlea-Prospect. I understand the diverse needs of each of our distinct communities. My community commitment is well known in environmental circles, the business community, and by participating in the many local community events. My business background will be a great asset in government, with ideas to make government more efficient.

Linda Moxsom-Skinner, NDP: I'm the best choice for Timberlea-Prospect because I will bring my experience, skills and knowledge as an entrepreneur, fundraiser, and community volunteer and senior political advisor to continue Bill Estabrooks' tradition of being a truly accessible and accountable MLA for the people of Timberlea-Prospect.

Bruce Pretty, PC: N/R

Waverley-Fall River-Beaver Bank

Bill Horne, Liberal: An advocate and volunteer for 40 years in the riding presently involved in 10 groups, past chair of Lions, and chair of WAAA McDonald park and emergency preparedness team, v-chair of SWEPS, member of six other groups. I am also a former Halifax County councillor and Liberal candidate for the riding in 2009.

***Percy Paris, NDP:** As your MLA for the last eight years I have worked to improve health care, youth recreational facilities, schools and rebuild the Beaver Bank Community Hall. I am proud of our accomplishments. I have the experience needed to successfully advocate for the issues that are important for building a stronger community.

Brian Wong, PC: This community has lost so many opportunities under its current representation. My background as an educator and entrepreneur gives me the experience to lead and contribute enthusiastically to positive change in our communities. I will work tirelessly with all levels of government on the important issues.

* - denotes incumbent

Elections Act. Teachers get knuckles rapped over ad

Elections Nova Scotia says a provincial teachers' union was not in compliance with the Elections Act when it put an ad in a Halifax newspaper, but the union maintains the material was non-partisan.

The agency said it received a complaint that the Nova Scotia Teachers Union posted election advertising without registering as a third party, identifying itself or stating that the ad was authorized by the union.

Elections Nova Scotia said it has determined the material is election advertising and told the union it must register as a third party and comply with legislation.

It said the union has refused to register but has agreed to stop all advertising and take down a website men-

Confidence

"We expect to be vindicated at the end of the process."

Nova Scotia Teachers Union president Shelley Morse

tioned in the ads until Wednesday, the day after the vote.

Elections Nova Scotia says the investigation is ongoing.

President Shelley Morse said the union is co-operating with the investigation but adds it believes it did not violate the Elections Act.

Morse said the ad showed a teacher in a classroom and described how she spent \$600 of her own money on supplies for her students.

THE CANADIAN PRESS

Best boozing. Council to debate policy for alcohol

Halifax regional councillors will debate a draft municipal alcohol policy at the council meeting on Tuesday.

Council asked for a staff report in December 2011 on "a policy on accepting funds from alcohol companies for HRM sponsored events and facilities."

The draft does not permit alcohol on any facility owned and operated by HRM, except for a list of properties where special occasion or permanent licenses are allowed.

The list of exceptions

Origin

The draft policy is based on a review of other policies across Canada and of existing HRM policies that relate to alcohol.

Barn burns up

No unlucky fried chicken in blaze

From miles away, you could still see the gigantic smoke plume billowing into the sunny morning sky.

A huge blaze claimed an Avonport chicken barn on Saturday, but no one was injured and there weren't any chickens inside at the time.

"It was quite spectacular," said Wolfville Fire Chief Kirk Fredericks.

HANTS JOURNAL

Bridgewater

Charges laid in chest stabbing

Police in Bridgewater have charged a 32-year-old man with aggravated assault following a stabbing outside a tavern early Sunday morning.

The incident happened at 2:20 a.m. at Tops 'I Tavern and Grill. Police say a man was stabbed in the chest and suffered serious but non-life-threatening injuries. Jahmal Leslie Thomas was arrested at the scene. METRO



Drivers in dramatic Sydney crash walk away unharmed

A sport-utility vehicle flipped on its roof and a minivan suffered extensive front-end damage in a noon-time crash at the corner of George and Prince streets in Sydney on Sunday. No one was injured in the crash. CAPE BRETON POST

Ballot-photos case referred to RCMP

No pics of your picks. Elections Nova Scotia says sharing images of your vote is a violation

Elections Nova Scotia has referred to the RCMP three cases of people allegedly sharing a photo of their marked ballots on social media in violation of the province's Elections Act, but one of the accused says he doesn't believe he broke any law.

The act says no one in a polling station during voting

hours can use a recording or communication device with the exception of election officers.

Dana Doiron, a spokesman for Elections Nova Scotia, said the use of a camera in polling stations and showing a marked ballot constitutes a violation.

Doiron said there are signs at polling stations that say cameras are not allowed and that information officers will remind people if they see anyone using their phone.

"Any breach of the act is serious to us, and we can't pick and choose which as-

Maximum fine

\$5,000

The violations carry a fine of up to \$5,000, but the penalty is minimized for people who unintentionally violate the act, Election Nova Scotia says.

pects of the act we will enforce or not," Doiron said Sunday.

Doiron would not identify who allegedly breached the act, but Elections Nova Scotia identified Parker Donham as one of the accused on its Twit-

ter feed Saturday.

Donham, a communications consultant and political blogger, said he posted a picture of his ballot Saturday to Twitter, Instagram and Facebook.

But Donham said he doesn't believe he violated the act because it doesn't clearly state that cameras are not allowed.

"I think it's, at best, ambiguous," Donham said Sunday.

"The word camera isn't mentioned. The word photograph isn't mentioned."

THE CANADIAN PRESS



Stephen McNeil METRO FILE

Liberals push private-power pledge

Liberal Leader Stephen McNeil says that if he wins Tuesday's election, he will make it a priority to enact his pledge to make it easier for private renewable-energy producers to sell electricity.

McNeil says the plan to break Nova Scotia Power's monopoly on electricity generation would allow for greater competition and make power rates more affordable.

Speaking in Elmsdale, McNeil said a Liberal government would also quickly launch a review of the tax system and call a public inquiry into alleged abuse at the Nova Scotia Home for Colored Children.

NDP Premier Darrell Dexter visited Antigonish, where he said a Liberal government could cut programs that help small communities.

Dexter said such programs support businesses in rural regions and the Liberals could jeopardize that.

At a park in downtown Halifax, Progressive Conservative Leader Jamie Baillie said the Liberals have shown that they are too similar to the NDP and don't have a plan to balance the budget nor reduce power rates.

THE CANADIAN PRESS

PROVINCIAL CHAMPIONS!

Dartmouth FC Tier 1 Under 14 Boys Soccer Team

CONGRATULATIONS and best wishes are extended to the Dartmouth Football Club (DFC) soccer team on winning the Tier 1 Under 14 Boys Provincial Championship for the 2013 summer season. They have earned the right to represent Nova Scotia in the National Championships for their age group being held in Lethbridge, Alberta from October 9-14.

The Dartmouth Football Club was developed in 2012 and was designed as the home base for Tier 1 Soccer in the Dartmouth District. It encompasses Tier 1 teams previously sponsored by organizations in Dartmouth, Eastern Passage, Porters Lake and Cole Harbour. The current Under 14 Boys team is the first team from DFC to win a Provincial title with the right to represent Nova Scotia in the National Championships. They finished the regular season with 11 wins, 4 losses,



and 1 tie, and placed third in their division, following Halifax City and Valley United. They achieved a 1-0 win over the Valley team in the Semi-Final and then went on to defeat Halifax City

in the Final (2-1) to earn the gold. The team is coached by Matt Berrigan, Matt Little, and Andy Thompson, with management provided by Richard Welch.



Thank You To Our Sponsors For Their Generous Support

PLATINUM



GOLD



SILVER

Thorsen's Enclosed Vehicle Transport
SD Orthodontists
Portland Street Honda
Wilride Trucking
Portage Mutual Insurance Company
Intact Insurance Company
Echelon Insurance Company
Hillcrest Volkswagen
Armdale Electric
Pioneer Fuels

BRONZE

Dr. Mariette Chiasson Inc.
IFS Financial Services
Sovereign General Insurance Company
Trudy Copp, Desjardins Financial Security
ANSON CareGivers Inc.
Oregon's Automotive Group
Sobeys
Clarke MacDonald, Graphic Designer

FRIENDS

Intermar Inspection Services Ltd.
Livingston Freight
Corsten Lane, RBC Investment Advisor
Rob Miedema, Boyne Clarke
Zinck's Mechanical Insulation Ltd.
Rod and Marcie Dominey
The Dominey Family
Staff of Caudle Park Elementary School
Bob Murphy, Imperial Oil
Young Kempt Physiotherapy Centre
Steve and Nathan Godsmark
The Heislars

We'd like to thank the following Soccer Teams for their generous support

Harbour East District Soccer
Dartmouth FC Tier 1 U-16 Boys Soccer Team

Dartmouth FC Tier 1 U-16 Girls Soccer Team
Halifax City Soccer Club

Storm Soccer Club
Cole Harbour Soccer Club
Dartmouth United Soccer Club

Thank you to those who supported our silent auction

Alan Timberlake
Altered Images, Hair Co.
Porters Lake
Annapolis Pizza
Anne Schrader
Bluenose Welding
Canadian Maritime Engineering Ltd.
Dartmouth, NS, Canada
Cathy MacNeil
Creative Cuts
CTL Finance Company
Dalhousie Book Store
Department of Athletics & Recreational Services

Dalhousie University
Diane Conrad
Dr. Mariette Chiasson Inc.
Ela Restaurant
Erika French
Graham Welch
Hampton Inn & Suites
Hobby Emporium, Windsor
Holiday Inn Harbourview
Kelli Matthews
Linex
Liscombe Lodge Resort & Conference Centre

Little Caesars
Maple Leaf
Margaret England
Moria Perry
McKenna Tae Kwon Do
Medvie Blue Cross
Mike England
Neptune Theatre
One to One Wellness
Pati England
Permashine
Rob Coulter
Safety PA, L.H.
Sai Group Insurance

Scotiabank
Stewart McKelvey
Sykes Spa
Tanya Aquino
TD Bank
Tim Horton's
Tim Hortons Franchisee
644 Portland St.
Trade Centre Limited
Wendy Jarvis
Westin Nova Scotia
Yuk Yuk's Comedy Club

UN. Fact-finder arrives in Canada to survey aboriginal concerns

A United Nations fact-finder is set to take stock of the plight of Aboriginal Peoples in Canada.

The UN has dispatched law professor James Anaya to speak to First Nations representatives and government officials as he drafts a report for the world body.

"The idea is to get a first-hand view of the situation of Aboriginal Peoples in Canada by hearing directly from as many as I can," he said.

As the UN's special rapporteur on indigenous rights, Anaya is responsible for promoting laws and policies that support indigenous peoples around the world. He will also look at their living conditions and issue reports and recommendations.

The rapporteur has no binding authority. Rather, he aims to shame governments



James Anaya THE CANADIAN PRESS

into action by bringing unacceptable conditions to light.

The federal government will get a chance to respond to Anaya's findings before a final report is circulated and presented next year to the UN Human Rights Council.

THE CANADIAN PRESS

Antarctica. Recovery uncertain for frozen remains of 3 Canadians

The frozen remains of three Canadians have been in the wreckage of a plane, partially buried in snow and stuck on the side of one of the highest mountains in Antarctica, for nine months.

The summer season is starting at the bottom of the world, and that was supposed to mean a mission to recover the bodies of the men could begin. But now there is confusion about who should co-ordinate the retrieval and it is unclear when, or even if, it will happen.

Judge Neil MacLean, the chief coroner of New Zealand, headed an inquest into the

Quoted

"It's almost a bit like if it happened in outer space, that there's no clear lines of authority."

Judge Neil MacLean, chief coroner of N.Z.

plane crash in June and ruled the three men must have died in the crash. He formally registered the deaths of 55-year-old Bob Heath, of Inuvik, N.W.T., 36-year-old Pery Andersen, of Collingwood, Ont., and 25-year-old Mike Denton of Calgary.

THE CANADIAN PRESS

Canadians freed from Cairo jail

Unexpected release.

Tarek Loubani and John Greyson awaiting papers to come home, as more violence erupts across Egypt

The two Canadians released from a jail in Cairo early Sunday are recuperating in a hotel after their painful collision with the upheaval in Egypt.

Dr. Tarek Loubani, an emergency-room physician from London, and Toronto filmmaker John Greyson are "resting and getting acclimatized" to their unexpected freedom while waiting for travel documents to come home after their seven-week ordeal, said Greyson's sister.

Cecilia Greyson, who was in Toronto on Sunday to get ready for their eventual return, said no travel plans have yet been made and that the two men were "getting back to eating solid food slowly, under a doctor's supervision."

They had staged a hunger strike toward the end of their detention, living on juice and water for two weeks.

However, The Associated Press reported Sunday that the pair were prevented from flying out of Cairo after their names appeared on a "stop-list" issued by prosecutors; the news agency attributed the information to airport officials.

According to the news agency, the two men had checked in for a flight to



John Greyson, left, and Dr. Tarek Loubani. THE ASSOCIATED PRESS



Frankfurt, Germany, but were prevented from boarding the plane. They retrieved their luggage and were free to leave the airport.

Prime Minister Stephen Harper said in a statement that his government "has obviously been pushing for (their release) and welcomes this decision by the government of Egypt."

Loubani's brother Mohammed said that Tarek and Greyson are "OK, but they have been through a lot."

They were arrested Aug. 16 during a day of bloody clashes between security forces and

supporters of the Muslim Brotherhood.

By coincidence, their release Sunday came as similarly bloody clashes broke again across Egypt, with at least 50 people reported killed by nightfall.

During their 49 days in detention, they were slapped, beaten, ridiculed, "hot-boxed," kicked and accused of being foreign mercenaries, according to a statement smuggled from the jail and published last weekend.

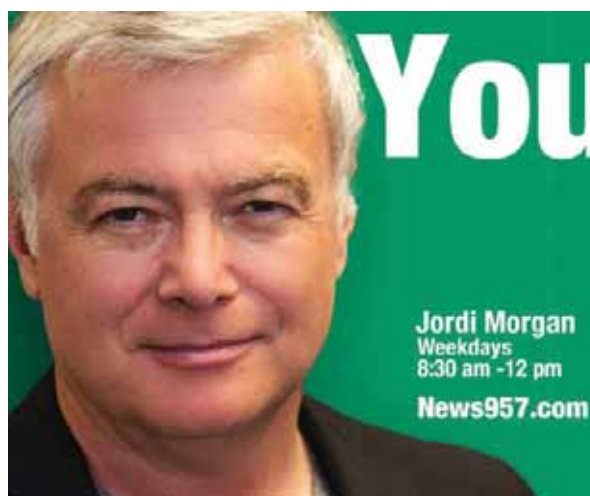
Mohammed Loubani said an aide to the Egyptian Interior

Minister visited them shortly before their release and spoke of "misunderstandings."

He told Torstar News Service that the abrupt release had taken the Canadians by surprise, in the middle of the night.

"They just came to their cell and said, 'Come with us.' They had no idea what was happening until they arrived at the police station. They were stunned."

In the past week, petitions calling for Greyson and Loubani's release had grown to 150,000. TORSTAR NEWS SERVICE



Jordi Morgan
Weekdays
8:30 am - 12 pm
News957.com

Your home for talk.

News 95.7

News.Talk.Sports.

The right place and the right team for you.



Embarking on a new career begins with a clear perspective of what matters most to you.

If your top priority is to work as part of a dynamic team at a place where you can reach your full potential, both professionally and personally, take a look at what CIBC has to offer. You'll see that CIBC has many gratifying career opportunities, and one of these positions could be just right for you.

Exciting career opportunities in customer service and sales are available in our Contact Centres now.

Realize your full potential at CIBC.

To be considered for these roles, visit cibc.com/careers and apply under job number 13020415, or scan the QR code below.

For other great career opportunities, visit cibc.com/careers.



"CIBC For what matters." is a TM of CIBC.



**FOR
WHAT
MATTERS.**

New tack. Grocers aim for healthy bottom line by offering healthier options

After years of relentless price wars, Canadian supermarket chains are experimenting with fresh ideas to fend off a new competitive threat, food stores for the health conscious.

While U.S. retailers like Target and Walmart have grabbed much of the attention in Canada, another battle is being waged in the produce section, one of the few bastions of the food industry that hasn't been reduced to rock-bottom prices to attract customers.

"It's a very competitive market, no question about it," Sobeys president and CEO Marc

Tit for tat

- Sobeys has launched a partnership with British celebrity chef Jamie Oliver designed to encourage Canadians to eat healthier.
- Loblaw is following a similar approach with the launch of Nutshell Live Life Well, a health food test store that will open in downtown Toronto.

Poulin said. **THE CANADIAN PRESS**

Malaysia's oil and gas co.

Harper greeted by \$36B investment boost by Petronas

Prime Minister Stephen Harper arrived in Bali for an Asia-Pacific leaders' summit Sunday bearing what could

be called a \$36-billion vote of confidence from Malaysia's state-owned oil and gas company. Malaysia's prime minister said the country's state-owned oil and gas company Petronas has committed to construction of a liquid natural gas plant in British Columbia and the pipeline to feed it. **THE CANADIAN PRESS**

Would you let Rogers know where you are for a bargain?

Thousands already have. Customers are sharing their location with the company in exchange for deals

When Aidan Nguyen was visiting Chicago last month he got 25 per cent off a meal simply by using the app Foursquare to "check-in" at a restaurant on his smartphone.

The self-described shopaholic said he's always look-

What's next, mind meld?

"What geotargeting is starting to get is context. Where you are matters, but what marketers really want is intent."

Grant Packard, a professor at the School of Business and Economics at Wilfrid Laurier University, on the pluses and minuses of location-based marketing.



Aidan Nguyen poses for a photograph using his smartphone app in Toronto. Rogers has launched a service where its customers can sign up and get texts with deals when they're near a participating business. **NATHAN DENETTE/THE CANADIAN PRESS**

ing for a good deal when he's out and often posts his location on his social networks.

Available for years in the United States and England, location-based mobile marketing is moving into Canada. This month, customers with

Rogers Communications can sign up for text messages that will alert them to deals when they are near specific retailers.

Nguyen said he's willing to share his location in return for a deal.

"When you're walking around, then why not?" asked the 24-year-old Toronto public relations consultant. "If the offer is fitting for what I'm looking for, and it's a good promotion, I'll check it out."

THE CANADIAN PRESS

FALL ONE DAY SALE!

Escape!

Wednesday, October 9

9:00am - 8:00pm

Exclusive Savings you won't find anywhere else for one day only!

Carlson Wagonlit Travel

Spring Garden Place, Halifax 425-3200
Bayers Lake Park, Halifax 450-5140
Victoria Court • Truro 897-2699

OWNED & OPERATED BY
HARVEY'S TRAVEL

cwtharveystravel.com

NOVA SCOTIA VOTES
October 8, 2013

Tomorrow IS ELECTION DAY

Voting Hours: 8:00 a.m. to 8:00 p.m.

Polling locations are on the Voter Information Card sent to your home. If you bring this card with you when you vote, the voting process will be faster. If you have not received a card, please contact your returning office. To find the telephone number of your returning office, visit www.electionsnovascotia.ca or call, toll-free, 1-800-565-1504.

It's not too late to be added to the List of Electors at the polls and vote.
You must be:

- 18 years of age or older on October 8, 2013
- A Canadian citizen
- A resident of Nova Scotia since March 6, 2013

It is helpful but not mandatory that you bring identification with you to register.

For information contact Elections Nova Scotia at 424-8584 or toll-free at 1-800-565-1504
TTY: 424-7475 or toll-free TTY 1-866-774-7074
electionsnovascotia.ca • @electionsns

Richard Temporale
Chief Electoral Officer
Monday, October 7, 2013

NDP'S BAD RAP IS UNJUSTIFIED

The question is why. Why — if you believe the polls — is Darrell Dexter's NDP government heading for an ignominious defeat?

Nova Scotia's first-ever NDP government was hardly a disaster. It succeeded a Tory government that had careened out of fiscal control, stumbled into one of the world's worst economic meltdowns, got sideswiped by the collapse of the traditionally vital pulp-and-paper industry, and still managed to bring the books into balance by the end of its mandate.

Its accomplishments need to be understood in that context. None were major; not all were minor. Its innovative collaborative health-care centres offer a model for efficient future rural health-care delivery.

We won't know for decades if some of its biggest-ticket and most controversial initiatives — the \$260-million, forgivable-if-it-creates-4,000-jobs Irving loan to grease the \$35-billion shipbuilding contract and the \$1.52-billion Maritime Link



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

hydroelectric project — were wise investments. But those deals at least showed a government thinking long-term.

So why do Nova Scotians seem poised to kick them to history's dustbin?

For starters, Nova Scotians had unrealistically high, often contradictory expectations for our first-ever NDP government. Many expectations — the NDP would govern differently — were self-created, the wounds that followed were self-inflicted.

The government botched the MLA expenses scandal, which involved members of all parties and incidents before the NDP took office. But Dexter came across as prickly, defensive, hardly a practitioner of new politics. By the time the NDP brought in tighter, more transparent rules, they'd already squandered their hard-earned "we'll govern differently" currency.

That may explain why critics inside and outside the party

Voter confusion

Many expectations — the NDP would govern differently — were self-created, the wounds that followed were self-inflicted.

choose to focus more on what the government did that they disagree with than what they would likely see as positive accomplishments. Business, for example, focuses on first-contract legislation they despise while ignoring cuts to corporate income taxes they champion. For workers, it is the opposite. And, while environmentalists targeted the NDP's record on the environment, they give the party little credit for its nation-leading efforts to protect the province's wilderness areas.

In the end, this parsing of good and bad probably doesn't matter. Political campaigns have a life of their own. The universe unfolds.

ZOOM

Pass a thousand tonnes of salt



DIMITRI MESSINIS/THE ASSOCIATED PRESS

Abundance of salt in Greece is protected

Salt is collected at a production site in Messolonghi, western Greece. Salt lakes at Messolonghi are used for production by solar evaporation. The facilities are the largest salt works in Greece, and are located at a protected wetland complex of estuaries and lagoons. **THE ASSOCIATED PRESS**

In good taste

110,000

The Messolonghi production sites produce 110,000 tonnes of salt per year, which is enough to meet 40 per cent of Greece's needs.

Many European salt marshes have become exposed to industrial and agricultural pollutants, including pesticides and heavy metals. As a result, many of the marshes are protected under the EU's Habitats and Birds Directives.



Wheel traces are seen on a salt lake. DIMITRI MESSINIS/THE ASSOCIATED PRESS



WE ACT: CANADA DOES GOOD

Young environmentalist stirs change in Calgary

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Cassidy Robertson, 18, environmental go-to girl, (pictured on the left).

Where: Calgary, Alta.

What: Founded club.one, twenty, dedicated to making 120 community improvements and co-founded a local recycling plant.

Why: To reduce our ecological footprint by encouraging others to recycle, buy locally and respect nature.

What inspired you to get started? "I realized a lot of my peers didn't realize they could make a change. Our club has brought recycling bins into our school, cleaned up litter, and promoted Fresh Face Fridays, a day to empower young girls to come to school without makeup. As an advocacy campaign, I made my grad dress out of pop

tabs and have hosted a workshop on conscious consumerism — bringing awareness to consumers and showing them how to make their own deodorant."

Do you have any advice for people passionate about an issue? "I would tell them to just jump in. If they are passionate about the environment they should volunteer at environmental organizations. You can learn a lot of things if you want to — I did that through volunteering."

What are your plans for the future? "Since graduation, I have co-founded Half Full Recycling Plant, where we turn plastic bottles into plastic pellets to get melted down into new plastic. I will also continue working as a youth co-ordinator at Empowering Minds, helping young people plan and execute their own projects and become leaders."

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

SCENE 2

Warning! This has spoilers!

Entertainment etiquette. Do we have to censor ourselves for the slowpokes who haven't finished watching shows yet?

Rosebud is a sled.

So goes the ending of the 1941 Orson Welles classic *Citizen Kane*, spoilers be damned!

Revealing secret endings and plot twists has brought on wrath since the dawn of cinema, straight through VCRs to today's DVR-fuelled delays that led to much nail-biting over *The Ending That Shall Not Be Spoiled* on *Breaking Bad*.

But exactly what is the magic formula for spoiler grace? When do calls of SPOILER ALERT (insert index fingers in the ears here) expire so we can, maybe, not feel so constipated when discussing our favourite fare in real time?

Does the 13-episode Netflix dump of *Orange Is the New Black* in July equal two months of polite spoiler-free behaviour? Are bets off when a show concludes, or does that depend on how many seasons late adopters would have to slowly, slowly slog through — say *Dexter's* eight to *Breaking Bad's* five?

Or is it up to the unspoiled viewer to avoid social media or catch up? Get it done, people!

"I think asking people not to spoil for some reasonable amount of time is fine, although anyone who actually takes it seriously, i.e., gets mad or upset in the event someone does, is



What's a viewer to do when shows like *Orange Is the New Black* dump all their episodes at once? CONTRIBUTED

an idiot," said technology analyst Melanie Turek in Steamboat Springs, Colo.

"But that 'reasonable' amount of time is, in my mind, about 48 hours after a live broadcast," she explained. "And once a series is off the air and the hype has died down, asking people not to spoil is just silly."

Others think keeping some things quiet — or at least warning our Facebook friends about potential

spoilers — is what 21st-century etiquette might advise. At least that's what the ragers who decry spoilers on social media hope for.

Marketer Kim Puckett in Indianapolis thinks "we're all social-media-level entertainment reviewers now" so should respect our written-word audiences on newsfeeds like Twitter or in status updates on Facebook that aren't easy to escape.

"Unfortunately, specific status updates on key plot

Too much censorship?

Has the quality of conversation been damaged by the call for spoiler-free discourse?

- "What we've lost is the ability to step back and assess what we've just seen," said Danny Glover, who is in marketing and pays close attention to social media. "I think overall the live conversation is valuable."

- Judith Martin, who writes the *Miss Manners* columns and books, also believes the burden falls mostly on the person holding out for the surprise. "But if the story is really good, it shouldn't make that much difference," she said. "I still enjoy re-reading *Moby-Dick* and *The Golden Bowl*, even though I know perfectly well what is going to happen."

points might be banned forever," she said.

But in other contexts, Puckett said, "as soon as the show ends, office and social talk should be allowed about the show."

"How can we enjoy shows at a social level if we're always worried that someone is still on season one of *The Killing* or halfway through *Sons of Anarchy*?"

Justice is on the side of those who want to blab on Twitter or Facebook, according to Paul Levinson, a professor of communications and media studies at Fordham University and author of the book *New New Media*.

The idea that "people have a right to be free of spoilers is absurd, and it's an absurd misuse of the term 'right,'" he said.

"You have a right to communicate," Levinson assured. "I don't think anyone is entitled to that kind of grace. If you feel like writing something you're entitled to write it as long as it's not slanderous or libelous or breaking the law in some way. Why anyone would get into a rage about entertain-

ment is beyond me."

He harkened back to buzz over *The Crying Game* and *Dil's* reveal as a transgender woman, along with *The Sixth Sense* and the Bruce Willis character being dead. And there was grumbling over spoiling the purgatory at the end of *Lost*, at a time when social media was well on its way to engulfing us, he said.

"If the ending is really atrocious, like *Lost*, then you're probably doing people a favour by letting them know," Levinson said.

Etiquette expert Lizzie Post of the Emily Post Institute sees no value in people "posting a million times, 'Don't spoil anything for me, don't spoil anything for me.'"

Walk away from Facebook, shut down Twitter if you have to, she said.

"If you're not living in the current season you have no claim. It's fine if you have a friend who's really into it and you want to say, 'Don't spoil it for me.' But you can't ask the world around you to completely bend."

THE ASSOCIATED PRESS

Best Friends Deserve the Best Care...

As a Veterinary Technician, become an integral part of the veterinary medical team. Help animals who need your assistance.

Move your career forward.



45 Alderney Drive, Dartmouth
info@MaritimeBusinessCollege.com
800-320-6408

**Call today
for fall
enrollment!**

**FIRST school to offer
Veterinary Technician
Program in HRM**





Olivier Martinez and Halle Berry

New baby boy for Berry and beau Martinez

Halle Berry and husband Olivier Martinez are celebrating a new arrival, as the Oscar-winning actress reportedly gave birth to the couple's first child, a son, in Los Angeles this weekend, according to E! News. This is Berry's second child, after her five-year-old daughter, Nahla,

with ex-boyfriend Gabriel Aubry. Martinez confirmed the baby's gender back in June, telling People magazine, "I remain a Frenchman in America, but I adapt to American culture. I feel good there, but I'm still a foreigner. My son will be an American, but I will remain French."



Chris Brown

Doing it at eight will make you great, boasts Brown

Controversial pop musician Chris Brown claims that he lost his virginity at the tender age of eight with a girl who was 14 or 15. "It's different in the coun-

try," he tells the Guardian. "By that point, we were already kind of like hot to trot, you know what I'm saying? Like, girls, we weren't afraid to talk to

them. I wasn't afraid. So at eight, being able to do it, it kind of preps you for the long run, so you can be a beast at it. You can be the best at it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

It's wall good for Bieber in China and Lohan has parents banned



STARGAZING
Malene Arpe
scene@metronews.ca

While visiting China this week, Justin Bieber got carried up the Great Wall by his bodyguards. Before you get super-upset and start calling him an entitled brat, let's all remember that at least it's not as bad as the time when he made his entourage put him on a box so that he'd appear tall enough to ride the roller-coaster.

Michael Lohan and Dina Lohan are banned from the set of daughter Lindsay Lohan's reality show. That's a fantastic idea and it proves that Oprah's OWN really is in the business of caring. Except about ratings.

A sad week for science. A) Breaking Bad is over forever. B) Due to the U.S.



government shut-down, most of NASA's activities are brought to a halt. C) Bill Nye is voted off Dancing with the Stars. D) Cher insists that ex-husband Sonny's ghost visits her and occasionally pulls a prank on her.

A new cellphone game will feature Vladimir Putin fighting an army of zombies. No, it's not called The Walking Red.

Katy Perry says that boyfriend John Mayer is "literally a genius." If that's true you'd imagine he'd be able to teach her the correct use of "literally."



Sinead O'Connor. ALL IMAGES GETTY

O'Connor switches focus to Cowell and laments the 'murder of rock 'n' roll'

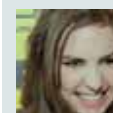
Sinead O'Connor appears to be moving on from Miley Cyrus — to Simon Cowell. "I feel sorry for the murder of music and rock 'n' roll, which has happened because of the industry, because of Simon Cowell, Louis Walsh. It all amounts to the murder of music," she said in an interview with Ireland's Late Late Show recently. "The

power of rock 'n' roll to change things, to move people, is being murdered by all this worship of fame — Pop Idol, X Factor, all this stuff. What I'm worried about is it's all about the visual, the pyrotechnics, the tits out, shake your ass.

It's not about the song. That to me is quite sad."

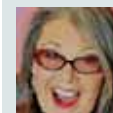


Twitter



@lenadunham

Started calling things "gaymazing" as a joke but pretty soon I was saying gaymazing all the time. I have no room for irony in my life.



@TheRealRosanne

the armageddonites are now trying to trick us all into believing that aliens are on the way.



@pattonoswalt

I need the e-cig equivalent for Cheetos.

Read
metro your money
every Tuesday
for financial tips,
trends and advice.

Only in Metro.
News worth sharing.

Weeknights at 6 KB counts down the HOTTEST songs of the day

TOP SIX @ 6

- 6 Lady GaGa Applause
- 5 Avicii Wake Me Up
- 4 Lorde Royals
- 3 Drake Hold On, We're Going Home
- 2 Miley Cyrus Wrecking Ball
- 1 Katy Perry Roar

101.3 THE BOUNCE

1013TheBOUNCE.com | info@1013thebounce.com

Park West Dental welcomes DR. SAUD KOTTAPALLI

Dr. Kottapalli is pleased to accept new patients and provides treatment in English, Hindi, Urdu and Arabic.

NEW PATIENTS WELCOME

- Cosmetic & General Family Dentistry
- Direct Billing of Most Insurance Plans
- Featuring ZOOM!® Advanced Power® 1 Hour Whitening
- Evening Appointments Available
- Invisalign
- Ample Free Parking

Achieve your Optimal Dental Health

118-287 Lacewood Drive
(Park West Mall attached to Sobey's)

457-7787

Hotel lunch

Put the iron to use

Travelling with your family? Here's a nutritious and inexpensive lunch that you can prepare in your hotel room.

Buy one roll of tin foil, some sliced, whole wheat bread, two green apples, and a package of sliced cheese. Layer cheese and apple slices between two

slices of bread and wrap each sandwich in tin foil.

The secret ingredient is the iron in your hotel room!

Press the heated iron on each sandwich for one minute and unwrap. Presto! Fabulous grilled cheese sandwiches for a fraction of what you'd spend in a restaurant. **EVELYN HANNON/YUMMYMUMMYCLUB.CA**

An apple a day

Rubber band trick

Sending an apple in your children's lunch boxes but want the slices to stay fresh and un-browned?

Simply cut an apple into sections, re-assemble it back into a "whole" apple again, and use an elastic band to keep the whole thing together.

It's like it had

never been cut—and there are no exposed parts to turn brown.

Brilliant and healthy!

LEAH LEITCH/YUMMYMUMMYCLUB.CA



Exclusively online

Mommy lives in fear of the common cold. Find out why with exclusive Metro content from Lyrranda Martin Evans and Fiona Stevenson, authors of the bestselling book *Reasons Mommy Drinks*, at metronews.ca/voices. Join the laughs on Twitter @mommyreasons



Mr. Sandman, bring my teen a dream — a nine-hour one

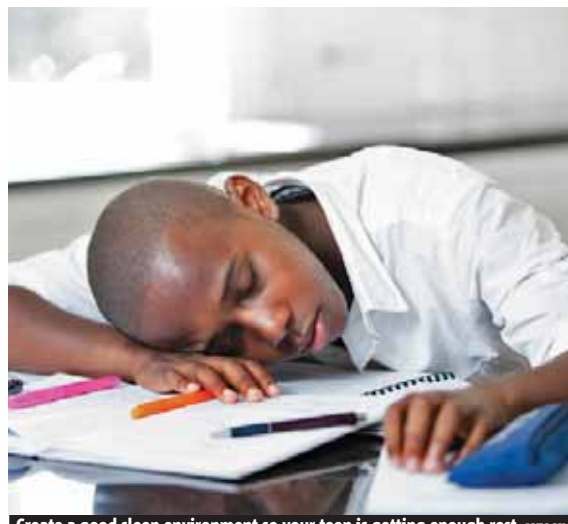
Tips. Help your teen have sweet dreams

ANDREA NAIR

yummymummyclub.ca

When parents bring teenagers to me for psychotherapy, one of the first things I ask about during the initial interview is the amount and quality of their sleep. I do this because I have learned that the majority of the teens I see are chronically sleep deprived, and this compromised state is wreaking havoc on their emotional stability, behaviour, patience and ability to focus. Their relationships, school marks, and health are suffering. Toddlers aren't the only ones who get cranky when tired.

Recent studies identified that teens are sleeping fewer hours as compared to 20 years ago, and showed that 60 per cent of teens will keep their cellphones in their rooms and respond to a text a night.



Create a good sleep environment so your teen is getting enough rest. ISTOCK

What does this mean for parents? It is critical that we be the keepers of our teens' sleep.

Here are four suggestions to help your teen sleep better:

Consistent sleep routine

Sleep routines are not just

for little ones. Having regular lights-out and get-up times helps with good sleep hygiene.

Peaceful sleep environment

Consider things you can do to foster a good sleep space. Have the temperature in the home lower at night,

remove as much clutter from the sleeping space as you can, keep the lights low and noise off. Many families find having white-noise machines in the hallways do help improve sleep.

Remove and turn off all mobile devices at night

Establish a time when all members of the family will turn their mobile devices off (studies suggest at least an hour before bedtime is optimal) and remove them from the bedroom. In the case where a cellphone has to be kept on as an emergency contact source, put the phone as far away from the bed as you can. Some families have a "device bin" where all mobile electronics get placed at night for safekeeping. Another suggestion is to have all the devices in a central area like the kitchen, plugged in and recharging. Turn off the Internet connection at night. Many new devices like iPods do have messaging functions, and teens will chat with their friends through wi-fi/wired

Sleep quiz

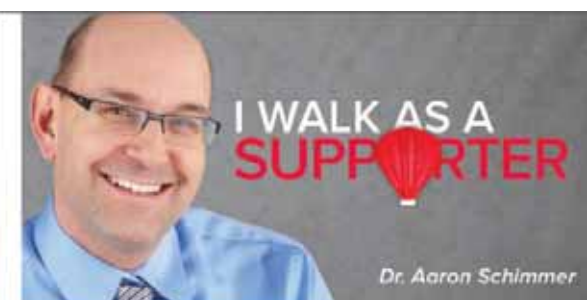
- How many hour of sleep do teens need to function properly and for good health? Answer: 9
- What is the number of hours of sleep most teens actually get? Answer: 7
- Why are most teens sleep deprived? They have mobile devices/laptops and computers in their rooms overnight.

Internet even if they don't have 3G/4G capabilities on the device.

Be the exhaustion police

Many teens have very little down time between classes, sports, activities, friends, and homework. Talk to your teen about his or her schedule and make sure there is space for rest and fun.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD



LEUKEMIA & LYMPHOMA SOCIETY OF CANADA
LIGHT THE NIGHT WALK

Who are you walking for?
October 19 – Garrison Grounds 5:30 p.m.

Register today 902-422-5999
LIGHTTHENIGHT.CA/HAL

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

You know when you get that mid-day craving for a snack? Be careful what sweet treat you reach for because you may be biting into high calories and lots of fat.



Starbucks Outrageous Oatmeal

360 calories / 15 g fat
Oatmeal in cookies is rarely healthy. Sugar and butter make up most of this cookie.

Equivalent

One Starbucks Outrageous Oatmeal cookie is equal in fat to eight low-fat vanilla yogurts with berries.



Bubbies Cinnamon Crunch Biscotti

170 calories / 1 g fat
This delicious cinnamon biscotti is made with little fat and sugar and is a nutritionally better treat.

Put a pep in your step and some peppers in your oven

ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

1. Preheat oven to 375 F. Line baking sheet with foil; lightly coat with cooking spray.

Ingredients

- 2 cups beef (or chicken) stock
- 1/2 cup brown rice
- 2 tsp vegetable oil
- 1 cup diced onion
- 1 cup canned corn, drained
- 1/2 lb lean ground beef
- 1 1/2 cups canned red kidney beans, drained and rinsed
- 1 1/2 tsp chili powder
- 1/2 each tsp dried basil and ground cumin
- pinch of salt and pepper
- 1/2 cup medium salsa
- 3/4 cup shredded aged cheddar cheese
- 1/3 cup low-fat sour cream
- 1/3 cup chopped parsley
- 4 medium bell peppers



This recipe serves four. ROSE REISMAN

2. In saucepan, bring stock and rice to boil. Reduce heat to low, then cover and simmer 25 minutes or until the rice is tender. Drain any excess stock.

3. Lightly coat saucepan with cooking spray, add oil and set over medium-high heat. Add onion and sauté 3 minutes. Add corn and sauté another 5 minutes or until corn starts to brown. Add ground beef and sauté until no longer pink, about 3 minutes.

4. Add cooked rice, beans, chili powder, basil, cumin, salt, pepper and salsa and cook for 1 minute. Remove from heat and add 1/2 cup of cheese, along with sour cream and parsley.

5. Carefully remove and discard the top from each of the peppers. Remove the ribs and seeds and discard. Place the peppers on the baking sheet and fill them with the beef stuffing. Bake for 25 minutes.

6. Sprinkle with remaining cheese. Bake 2 minutes or just until the cheese melts.

Correction

Thursday's Metro contained ingredient errors in the Sweet Potato Mac and Cheese recipe. The recipe calls for 1/4 cup (60 ml) butter and 1/2 cup (125 ml) grated Parmesan cheese.

SONY α
make.believe presents

Smell

Use the Universal Language. Join the Metro Photo Challenge 2013

Enter your photos in any of the six sense-categories and have the chance to explore West Africa with Metro and Reach for Change as our photo reporter.

SONY α
make.believe presents

metro
PHOTO CHALLENGE

In collaboration with
Reach for Change

metrophotochallenge.com
f t t t

BUILDING A BRIGHTER FUTURE

The Canadian Museum for Human Rights in Winnipeg, Manitoba will be a national and international destination—a centre of learning that will encourage and educate the next generation of human rights champions.

PLEASE DONATE

Your support will help create exhibits and programming that will inspire our children and grandchildren to build a better world. Their passion for furthering human rights is our hope for a brighter future.

Donate today by visiting friendsofcmhr.com or call 1.866.828.9209

THE friends of CANADIAN MUSEUM FOR HUMAN RIGHTS

SCHOLARSHIPS ARE FOR *Everyone*



OVER **\$100 million** available



Scholarships are not just about grades



Scholarships are not just from schools



Scholarships are all year round

Sign Up. Get Matched. Start Today.

www.ScholarshipsCanada.com



SCHOLARSHIPS CANADA.com

'Round the world wisdom

Facing adversity? Invent a purpose

The severe market crash of October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June 2009, followed by the Atacama Crossing in Chile in 2010, and the Sahara Race in Egypt in 2011. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Signing up for a desert race was my way of creating a positive challenge for myself, one I could then use as a tool to tackle other obstacles. I was so determined to complete the desert race that I committed to raising \$25,000 for a charitable cause close to my heart.

But as the long hours of a brutal training schedule took their toll, I fell prey to the law of diminishing intentions. With mounting pain that ultimately culminated in injury, I had to make countless visits to health-care practitioners. My resolve weakened. Seeing my goal slip away, I decided I had enough and called it quits.

The next day I received a large and unexpected sponsorship donation. It was like a slap in the face — and it reignited my commitment to the project.

Once in the desert, I started blogging to raise much-needed funds for the charity. The blog posts caused a sea of supportive emails from family, friends and strangers back home. Every time pain hit and I contemplated quitting, I focused on those emails and found the strength to continue on.

Having a cause helped tether my actions to a higher purpose. Like running, most of life's activities can be solitary; running for others is not. When you face adversity, invent a purpose and grow your own wings.

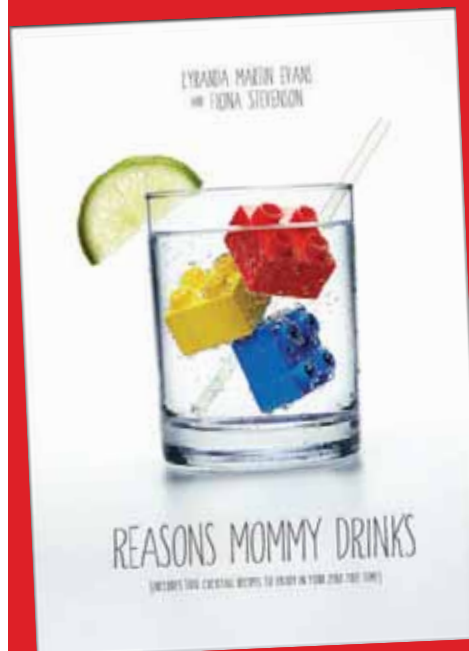
STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



Tying your actions to a cause can keep you motivated when you encounter a discouraging situation. GETTY IMAGES

YOU COULD

WIN



YOUR COPY OF "REASONS MOMMY DRINKS" – SIGNED BY THE AUTHORS!



Terms and conditions apply. For full contest details and terms and conditions, visit clubmetro.com

Gymnastics

Black holds her own in Antwerp

Halifax's Ellie Black left Antwerp, Belgium, as the world's 13th best all-around gymnast.

The 2012 Olympian earned that title on Friday with a score of 54.695 at the world championships.

The 18-year-old Dalhousie student competed against 23 athletes in the final round of the event.

Americans Simone Biles and Kyla Ross won gold and silver, respectively, while Russia's Aliya Mustafina earned bronze.

Black also finished with a score of 14.533 in the vault as well as a 12.866 in uneven bars.

On Sunday, Black placed eighth in the women's floor event with a score of 13.566. **METRO**

Speedskating

Canadian men win gold, women bronze in Seoul

Canada won medals in both men's and women's relays on Sunday at a World Cup of short-track speedskating event.

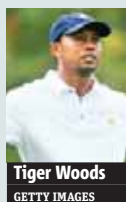
The men's team of Michael Gilday, Charles Hamelin, Francois Hamelin and Olivier Jean took gold in the 5,000-metre relay and Jessica Gregg, Valerie Maltais, Marianne St-Gelais and Jessica Hewitt won bronze in the women's 3,000-metre relay. **THE ASSOCIATED PRESS**

Golf

Ailing Tiger leads U.S. to Presidents Cup victory

The Presidents Cup ended Sunday the same way it always goes — an American celebration after Tiger Woods delivered the winning point.

Woods' back flared up on him again in the final hour at Muirfield Village. He still managed to hang on to beat Richard Sterne, 1 up, to give the Americans the 18 points they needed to win the Presidents Cup for the fifth straight time. **THE ASSOCIATED PRESS**



Tiger Woods
GETTY IMAGES



Mooseheads forward Timo Meier scored a pair of goals in Sunday night's 3-2 win in Drummondville. JEFF HARPER/METRO FILE

Meier leads Moose in Drummondville

QMJHL. Drouin collects five points in three games as Moose climb to winning record



ANDREW RANKIN
andrew.rankin@metronews.ca

The Halifax Mooseheads ended their road trip above .500, for the first time this season.

Timo Meier guided the Herd with a pair of goals en route to a 3-2 victory over the Drummondville Voltigeurs before 2,212 fans at the Centre Marcel Dionne on Sunday evening.

Jonathan Drouin broke a 2-2

Quoted

"Players are still learning the system. We're still striving to be consistent game to game."

Mooseheads coach Dominique Ducharme

tie with 6:48 remaining in the final frame. From there, the Mooseheads held on to their third straight road win.

After being held pointless against the Saint John Sea Dogs in his first game back with the Mooseheads on Tuesday, Drouin recorded five points in the Mooseheads' three victories, including Friday's 3-2 win over the Sherbrooke Phoenix as well as Saturday's 3-2 victory over the Victoriaville Tigres.

"We knew he would be better," said Mooseheads head coach Dominique Ducharme, referring to Drouin's performance against the Saint John Sea Dogs. "We knew he would bounce back. He's that kind of player."

But, thanks to Meier, the Herd was able to bounce back from two one-goal deficits.

Mooseheads goalie Zach Fucale made 22 saves in the victory, while Louis-Philippe

Guindon turned aside 21 shots for Drummondville in the loss.

Christophe Lalancette and Jerome Verrier rounded out the scoring for Drummondville.

With the win, the Mooseheads' record sits at 6-5.

Unconcerned thus far about his team's lack of offensive production, Ducharme said he's still trying to get everyone on the team, including 10 rookies, to buy into his system.

"One of the big things is that we have to be consistent all 60 minutes," said Ducharme.

The Mooseheads are back in action on Friday when they host the Blainville-Boisbriand Armada at the Metro Centre at 7 p.m.

AUS football. Huskies take top spot with win over Acadia

The Saint Mary's Huskies can now lay claim to first place.

They did that with a 17-10 victory over their archrival Acadia Axemen on Friday night.

But it wasn't pretty for the hometown squad, who gave up 186 yards on 19 penalties.

"We're very happy to get the win because it was a very important game, said Huskies

coach Perry Marchese. "I'm proud of our guys, we had to battle that game, all the way through. But we left a lot of opportunities out there. If we fix up that stuff we'll be okay."

Huskies quarterback Jack Creighton completed nine of 17 attempts, passing for 121 yards, including a critical 15-yard touchdown completion to Matthew Simich to give the

Huskies a 17-5 lead with 13:12 in regulation time.

Melvin Abankwah also made good on a 74-yard punt return touchdown in the first half.

The Huskies defence was once again solid.

"The defence held us in, and offensively I think we moved the ball pretty well. We left a lot of opportunities out

there, but if we fix up that stuff we'll be OK," said Marchese.

The Huskies will face off against the Axemen again on Friday.

Until then, Marchese says he'll be preaching discipline to his troops.

"We've done a good job establishing the run, but we have to minimize our penalties." **ANDREW RANKIN/METRO**

Pirates' flag flying high



The Pirates celebrate Sunday's win in Pittsburgh. THE ASSOCIATED PRESS

NLDS. Cardinals on the brink of elimination as Pirates take 2-1 lead

Pinch-runner Josh Harrison stood on second base in the bottom of the eighth inning and pointed to Pittsburgh Pirates third base coach Nick Leyva.

"I told him to get that arm ready, because I'm coming," Harrison said.

Moments later, Harrison was streaking across home plate to give the Pirates the lead. Minutes after that, the Jolly Roger that's been a fixture

on the Pittsburgh skyline all summer climbed up the flagpole again.

Harrison scored on Pedro Alvarez's tiebreaking single Sunday, sending the Pirates to a 5-3 victory over the St. Louis Cardinals that staked Pittsburgh to a 2-1 lead in the best-of-five NL division series.

Russell Martin followed with a sharp RBI single against reliever Kevin Siegrist, who took over after Carlos Martinez (0-1) faltered.

The go-ahead single was the latest big hit by Alvarez. He homered in the first two games against St. Louis.

THE ASSOCIATED PRESS

NHL

Perry delivers victory for Ducks

Corey Perry took advantage of a Winnipeg mistake to score the winning goal in the Anaheim Ducks' 3-2 victory over the Jets on Sunday night.

Jets defencemen Zach Bogosian fanned on a clearing attempt and the puck went to Perry in front of the net.

The Ducks winger quickly put a high shot above goalie Ondrej Pavelec at 14:29 to the groan of fans at MTS Centre. THE CANADIAN PRESS



Broncos come out standing in Dallas shootout

Broncos linebacker Danny Trevathan intercepts a Tony Romo pass intended for the Cowboys' Gavin Escobar on Sunday in Dallas. Romo threw for 506 yards and five touchdowns but the pick in the final two minutes set up Matt Prater's decisive field goal in Denver's 51-48 win.

SAM SMITH/THE ASSOCIATED PRESS

Service Directory

To advertise contact Tricia Brommit at 444-8329

October 7

APARTMENTS

realstar management
it's your home

Stonecrest Village
80 Chipstone Close

Close to Bayer's Lake Park.

- 1 Bedroom, 2 bedroom & large 2 bedroom suites available
- 24 hr, on-site management

1-888-551-3754 • www.realstar.ca

Ask about our rental incentives

realstar management
it's your home

Garrison Watch
5536 Sackville Street

Downtown Halifax.

- 2 BR, 2 BR Large

1-866-941-5987 • www.realstar.ca

Ask about our rental incentives

HARBOUR VISTA
APARTMENTS

NEW BUILDING

One and Two Bedroom Apartments from \$900/Month. Includes infloor heating, h/w, balcony, 6 appliances.

Occupancy NOW to November 1st. ONE MONTH FREE RENT

5 corners near downtown. Harbourvista Apts.

222 Portland St
809-2221
www.harbourvista.ca

realstar management
it's your home

MacDonald Apartments
5885 Cunard Street

Newly renovated suite.

- Bachelor, 1 BR and 2 BR

1-888-695-9124 • www.realstar.ca

Ask about our rental incentives

MOSAİK PROPERTIES

Mosaikproperties.ca

Apartments available in Clayton Park

<p>(150 Solutions Dr)</p> <p>2 Bed = \$1250, 1 Bed = den \$1100 Luxury suites in senior friendly building, Contact Greg 802-3106 or email Greg@mosaikproperties.ca</p>	<p>(137 Solutions Dr) New building</p> <p>with Granite and Stainless appliances Senior friendly 1 bed+den and office \$1175, 2 bed+den \$1300 Call Myrna 818-0289 • myrna@mosaikproperties.ca</p>
<p>(85 Prestwick)</p> <p>2 bed+den \$1250 2 Bedroom \$1125 call Ella 817-4685</p>	<p>(76 Prestwick)</p> <p>2 bed \$1200 call Ron 880-8892</p>
<p>(79 Prestwick)</p> <p>2 bed+den \$1230, 2 bed \$1100 call Foreman 817-5959</p>	

OBITUARY

In Memoriam

Bert & Alice Doyle

(Photo: 1943)

A year ago, on October 8th, our wonderful Mother passed - to join our Father, and our eldest brother Loran, and all those other close relatives and friends who preceded them - including all their golf partners of old Ashburn. Our Mother and Father were the finest, the most generous, and the most loving couple to ever grace our family - so symbolic of their Great W.W.II generation - the calibre of which we will never see again, and are dearly missed every day - by we their sons Allan and Kirk - until we all embrace again in Heaven!



SELF DEFENSE / FITNESS CLASSES

McKenna Taekwondo & Ju-Jitsu

LEARN TAEKWONDO

Monday, Wednesday, Friday - 7-8 pm
FIRST CLASS FREE

1 Month Intro \$**35**+tax

613 Main Street, Dartmouth
463-KICK (5425)



VOLUNTEERS NEEDED

Circles of Support & Accountability (CoSA) is seeking volunteers. Our focus is community safety and the prevention of sexual victimization. Our goal is "No More Victims". CoSA works toward the safe reintegration of former offenders released after conviction for a sexual offense.

To learn more, join us at **6:30 PM Tuesday October 8** or **6:30 PM Thursday October 10** at All Nations Church, 2535 Robie Street, Halifax.

Call for more info:
492.0569
www.hcc-cosa.ca/cosahalifax



Visit metronews.ca

metro

Horoscopes

♈ Aries

March 21 - April 20

If you are bored with the same old places and faces now is the time to make changes.

♉ Taurus

April 21 - May 21

An offer that comes out of the blue may look too good to be true but with Venus, your ruler, moving into the wealth area of your chart today it may pay you to take a closer look. It could be for real.

♊ Gemini

May 22 - June 21

The cosmic balance is shifting in your favour and you should take advantage of it over the next few days.

♋ Cancer

June 22 - July 23

You seem to believe that those you work with are operating according to a hidden agenda and that you alone are being kept in the dark. You need to get over yourself. Can you spell "paranoia"? There's no conspiracy.

♌ Leo

July 24 - Aug. 23

Affairs of the heart are high on your agenda and with love planet Venus moving into the most dynamic area of your chart today you won't hesitate to let that special someone know how you feel.

♍ Virgo

Aug. 24 - Sept. 23

What should concern you now is the bigger picture. What is your place and role in the world? Like everyone you were born with a purpose and a plan and your task this week is to find out what it is.

♎ Libra

Sept. 24 - Oct. 23

Venus, your ruling planet, urges you to raise your sights and accomplish something truly outstanding.

♏ Scorpio

Oct. 24 - Nov. 22

You will get the chance to show a loved one how much you really care for them today. If you are minded to buy them a gift make it something small but tasteful. It's not about how much it costs.

♐ Sagittarius

Nov. 23 - Dec. 21

A great deal of joy is forecast for you over the next few days. Much of it will come from spending time with friends, relatives and the kind of people who accept you for who and what you really are.

♑ Capricorn

Dec. 22 - Jan. 20

The more others urge caution this week the more inclined you will be to take chances – and you'll be glad you did.

♒ Aquarius

Jan. 21 - Feb. 19

Your luck will change for the better today. Why? Because the good things you did for so many people in the past will now start to come back to you.

♓ Pisces

Feb. 20 - March 20

Someone in a position of authority thinks you are the best thing since sliced bread. What have you done to be so highly regarded? Who knows, but you can and you must take advantage of what they offer you.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Mr. Jones of The Monkees
- Abodes, hip-style
- Desert hill
- Mars: Prefix
- Funny book
- Swear
- Close at hand, in poetry
- Reddish-brown hair rinse
- Funny dry
- Seat for Queen Elizabeth on The Great Seal of Canada: 2 wds.
- WSW opposite
- "Assuming that's true...": 2 wds.
- Unpositive utterance
- Officially choose
- "Dragons' ___"
- Dance step
- Put up with
- Barenaked Ladies' "The Old ___"
- French Sudan, now
- Prices
- Creative
- Ontario town which is the ancient Roman word meaning 'Scotland'
- Bette Davis/Errol Flynn movie, "The Private Lives of Elizabeth and ___" (1939)
- Compass dir.
- Soldier's food-in-a

- packet [acronym]
- Make cake
- Craze
- Enzyme suffixes
- Energy
- 1970 October Crisis: Prime Minister Trudeau's famous quote: 4 wds.
- Sanction
- Aired again
- "___!... I Did It

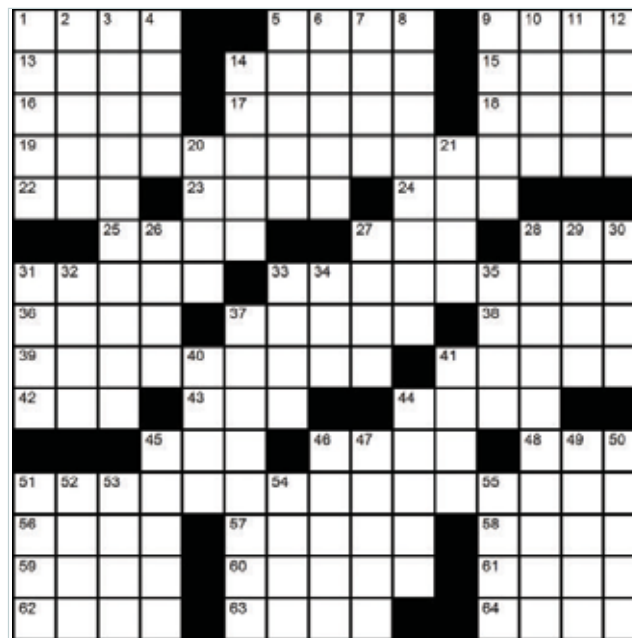
- Again"
- Sentence segment
- Skips
- Not tricked: 2 wds.
- Guitar great Duane
- Puppy's protests!
- Car starters

Down

- Have fun at the

- nightclub
- Dolphin-riding Greek poet
- Alberta town which is east of Edmonton
- ___ National Park, BC
- The Tragically Hip song
- Prenatal test, commonly
- Wilma's pet

- 1981 David Cronenberg horror movie
- Sprint-like
- Eye part
- "Me neither.": 2 wds.
- Washstand vessel
- Fray
- Evening, informally
- Isn't able
- Comical cat's



- chum
- Stuff collected from research
- Theatre (Saskatoon theatre company named after an ancient goddess)
- Payment in poker
- Greek Myth: Charon's river
- Some old Jeeps, e.g.
- Meadowland sounds
- Super-duper
- Greek alphabet letter
- Jim Carrey movie, "The ___" (1994)
- Casual material
- Music key, ___
- The ___ Coast
- Kidney, and others
- The Snowbirds maneuver
- From Depeche Mode's "World In My Eyes": "Let me take you on ___."
- Police squads, e.g.
- Beerless beer bottle
- Monetary units in Mexico
- Created carpeting
- Added to income, with hard work
- Grease
- Quasi
- Work in the kitchen

Friday's Crossword

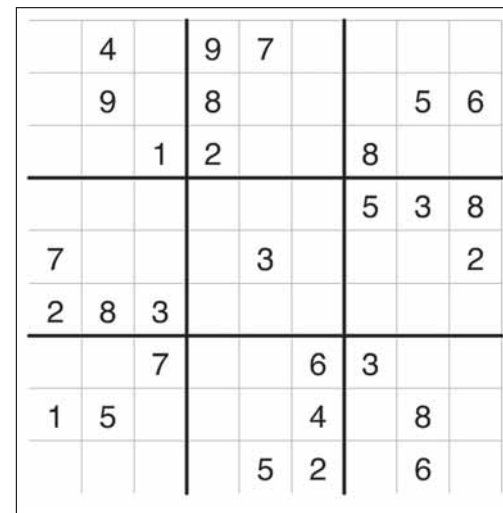


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



visit metronews.ca

metr

NEED MONEY?

✓ No credit checks
✓ Fast approvals

Call 1-866-499-5629

And get cash now!!
www.mynextpay.ca

MoneyProvider.com

\$500 Loan
and more
No credit refused

Fast, easy and secure

1-877-776-1660

www.moneyprovider.com

ONLY AT STEELE HYUNDAI IN HALIFAX
FIRST TIME EVER!!

**SAVE
UP TO**

25%



2013 **ACCENT** 5 DOOR

\$36

/WK*

- ✓ TILT WHEEL
- ✓ 4 WHEEL DISC BRAKES WITH ABS
- ✓ AM/FM/CD/MP3 AUDIO SYSTEM
- ✓ FRONT, SIDE & CURTAIN AIRBAGS
- ✓ DRIVER'S SEAT ARMREST & HEIGHT ADJUSTMENT

2013 **ELANTRA** 4 DOOR



\$41

/WK*

- ✓ 4 WHEEL DISC BRAKES WITH ABS
- ✓ FRONT, SIDE & CURTAIN AIRBAGS
- ✓ AM/FM/CD/MP3 / 6 SPEAKERS
- ✓ STABILITY & TRACTION CONTROL
- ✓ POWER LOCKS AND MIRRORS

2013 **SONATA** GL

\$59

/WK*

- ✓ 6 SPEED AUTO W/SHIFTRONIC
- ✓ AIR CONDITIONING
- ✓ HEATED SEATS
- ✓ HANDS-FREE BLUETOOTH
- ✓ POWER GROUP WITH REMOTE KEYLESS ENTRY



SAVE UP TO 25% ON IN STOCK SELECT MODELS!
FINANCING AS LOW AS 0% FOR 96 MONTHS

THE PUCK STOPS HERE AT STEELE HYUNDAI!
HELP GET A KID IN THE GAME!

WITH EVERY PURCHASE THIS MONTH STEELE HYUNDAI WILL CONTRIBUTE ON YOUR BEHALF TO HYUNDAI HOCKEY HELPERS!



HYUNDAI
FACTORY
AUTHORIZED
CLEAROUT

5 YEAR
WARRANTY

3625 Kempt Rd
 Halifax, Nova Scotia
 Phone: 902.982.3980
www.steelehyundai.com



Steele
 HYUNDAI

*Payment INCLUDES freight with \$0 down. HST extra. OAC. † See dealer for complete details. Vehicles may not be exactly as shown.